



HYDROXYCHLOROQUINE

Information leaflet

1. What is hydroxychloroquine and how does it work?

Hydroxychloroquine is an antimalarial drug which has anti-inflammatory effects.

2. Which skin conditions are treated with hydroxychloroquine?

- Cutaneous lupus
- Sarcoidosis
- Porphyria cutanea tarda
- Photosensitive skin disorders
- Granuloma annulare
- Lichen planus
- Urticarial vasculitis

3. How long will I need to take hydroxychloroquine before I see an effect?

Hydroxychloroquine may need 12 weeks or more to take effect.

4. How should hydroxychloroquine be taken?

Hydroxychloroquine is taken with or immediately after food. Your doctor will advise you about the dose to take.

5. What are the possible side effects of hydroxychloroquine?

- Rash
- Indigestion
- Diarrhoea
- Headache
- Blurred vision
- Cramps or muscle weakness
- Darkening of the skin
- Bleaching of the hair
- Worsening of psoriasis
- Eyes: hydroxychloroquine retinopathy
- Depression or mental health problems (very rare, first month of treatment)

6. How will I be monitored for side effects of hydroxychloroquine?

You will need a blood test before starting hydroxychloroquine to check that your liver and kidneys are working normally. Before starting, your doctor will also assess your risk factors for hydroxychloroquine retinopathy (e.g. high daily dose > 5mg/kg of body weight, stage 3 kidney disease or worse, those also taking tamoxifen).

If you have no additional risk factors, you will require yearly monitoring after 5 years of taking hydroxychloroquine while those who have additional risk factors require monitoring from 1 year after starting hydroxychloroquine.

If you notice a change in your vision, visit your local optometrist as soon as possible.

7. What precautions should I take?

a. Consult your doctor if you are pregnant or planning to become pregnant. The lowest effective dose of hydroxychloroquine should be used during pregnancy.

b. Medications that can interact with hydroxychloroquine include:

- Amiodarone
- Digoxin
- Medications for epilepsy or depression
- Tamoxifen
- Macrolide antibiotics: azithromycin, clarithromycin, erythromycin
- Indigestion remedies



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Hydroxychloroquine (羟氯喹)

1. 羟氯喹是什么，它是如何起作用的？

羟氯喹是一种抗疟药物，具有抗炎效果。

2. 羟氯喹用于治疗哪些皮肤病？

- 皮肤红斑性狼疮
- 结节病
- 迟发性皮肤卟啉病
- 光敏性皮炎
- 环状肉芽肿
- 扁平苔藓
- 荨麻疹性血管炎

3. 我需要服用羟氯喹多久才能见效？

羟氯喹可能需要12周或更长的时间才能发挥作用。

4. 如何服用羟氯喹？

羟氯喹应与食物一起或饭后立即服用。您的医生会建议您服用的剂量。

5. 羟氯喹可能造成的副作用有哪些？

- 皮疹
- 消化不良
- 腹泻
- 头痛
- 视力模糊
- 抽筋或肌肉无力
- 皮肤变黑
- 头发褪色
- 加重银屑病
- 眼睛问题：羟氯喹视网膜病变
- 抑郁或精神健康问题（非常罕见，通常在治疗的第一个月）

6. 如何监测羟氯喹的副作用？

在开始羟氯喹治疗之前，您需要进行血液检查，以确保您的肝脏和肾脏正常工作。在开始治疗之前，您的医生还会评估您患羟氯喹视网膜病变的风险因素（例如高于5毫克/公斤体重的每日高剂量、肾病第3期或更严重，同时服用他莫昔芬的患者）。

如果您没有额外的风险因素，使用羟氯喹5年后您将需要每年进行监测，而有额外风险因素的患者则需在开始羟氯喹治疗1年后进行监测。

如果您注意到您的视力有变化，请尽快请您当地的验光师诊疗。

7. 我应该采取哪些预防措施？

a. 如果您正怀孕或计划怀孕，请咨询医生。在怀孕期间应使用最低有效剂量的羟氯喹。

b. 与羟氯喹可能产生相互作用的药物包括：

- 胺碘酮
- 地高辛
- 抗癫痫或抗抑郁药物
- 他莫昔芬
- 大环内酯类抗生素：阿奇霉素、克拉霉素、红霉素
- 治疗消化不良的药物